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Thoughts and Prayers for Communicants.

James Hope & Sons, Printers, Ottawa.

ANGLICAN CHURCH OF CANADA
GENERAL SYNOD, ARCHIVES

THIS little book is made up of Thoughts and Prayers which were gathered from many sources and placed in the hands of the Communicants of the Parish of Clarendon, from time to time. They are here collected in the form of a Manual for Communicants, as a Memorial of thirty-one happy years of Ministry in that Parish, and in the hope that they may be found helpful to a wider circle of Communicants.

W. H. NAYLOR,

FARNHAM, *June 27th, 1910.*

The Lord's Supper.

The Lord's Supper is the special service of Worship and Thanksgiving which Christ Himself has ordained.

The Lord's Supper is not a repetition of His sacrifice, but it is a continual representation of it before God. As often as you eat this Bread and drink this Cup of the Lord, you plead before God the merits of the great sacrifice.

It is ordained—

For the continual remembrance of the sacrifice of the death of Christ, declaring it unto men, and pleading it before God.

For the strengthening and refreshing of our souls by the Body and Blood of Christ.

For the partaking of the "one bread" which makes us "one body" in Christ Jesus.—1 Cor. x. 17.

THE Holy Communion is the very crown and sum of the Gospel. It enables God's forgiven children to plead before Him on earth that one and only Sacrifice of the Lamb slain from the foundation of the world on which their hopes depend. It conveys to them, presently, that continual cleansing, refreshment, and renewal which, amid the infirmities and trials of this life, they continually need.

It maintains and strengthens their living union with Christ. It is the communication of the Body and Blood of Christ, as a quickening Spirit, to us in our whole nature of body, soul and spirit.

It is the chief of the joints and bands whereby all the Body is knit together.

And it is the pledge of bodily resurrection and glory at the last day.

(*From Canon Medd.*)

A CHIEF part of sacred ministry is to make people Communicants. Holy Communion is a means to an end. It is for the tempted, the tried, the burdened: to help them to fulfil their part, and to bear their burden. It is idle to wait till they are secure against falling, when the very aim of the sacrament is to aid them against falling and to help them to rise up again after a fall.

Do not keep the young away from the Table of the Lord. Bring them ere they fall. Prevent the people from growing up in the notion that the Blessed Sacrament is only for the highly educated, or the sick or the aged. Teach them that it is equally for those who are in the foreground of the battle of life with the full pressure of youthful lusts upon them.

(*From Bishop Woodford.*)

Ye are bought with a price, therefore glorify God in your body and in your spirit, which are God's.—1 Cor. vi. 20.

The Great Advantages of Frequent Communion.

1. It keeps a lively sense of religion upon our minds, and invigorates tnem with fresh strength and power to perform our duty.

2. It arms us against the surprise of our spiritual enemies, and when, through the weakness of our mortal nature, we have fallen, it applies to us in particular that satisfaction which our Saviour made for us upon the cross, and conveys to us the benefiis of that all-sufficient sacrifice, whereby God the Father is made favorable and propitious to us miserable sinners.

3. It preserves the spiritual union between Christ and our souls. In it Christ gives strength and foretastes of heavenly joy; and our souls render repeated acts of adoration and thankfulness, love and admiration, resignation and submission to His holy will, and of sincere profession of constancy and perseverance in His service.

4. It unites us with the perpetual intercession of Christ in heaven, and with the perpetual worship of His church on earth.

5. It makes our bodies temples of the Holy Ghost, and fits and prepares our souls for the eternal enjoyment of God.

6. The same reasons which enjoin a life of constant prayer, enjoin also a life of frequent communion.

(From Robt. Nelson.)

He that hath My commandments, and keepeth them, he it is that loveth Me.—St. John xvi. 21.

We being many are one bread and one body, for we are all partakers of that one bread.—1 Cor. x. 17.

The Oftener We Partake

Of the Lord's Supper the greater benefit and comfort we shall receive from it. It is by frequent acts that habits are produced. It is by often eating and drinking this spiritual food that we learn how to do it, so as to digest and convert it into proper nourishment for our souls. I never expect to see our church settled, primitive Christianity revived, and true piety and virtue flourish again among us, till the Holy Communion be oftener celebrated. We should soon find, as many have done already, that this is the great means appointed by our blessed Redeemer whereby to communicate Himself and all the merits of His most precious death and passion to us for the pardon of our sins, and for the "purging of our consciences from dead works to serve the living God."

(*From Bishop Beveridge.*)

Jesus Says:

"This do in remembrance of me." St. Luke xxii. 19-

"If a man love me, he will keep my words." St. John xiv. 23.

"Him that cometh to me I will in no wise cast out. St. John vi. 37.

The Church Says:

"Draw near with faith and take this Holy Sacrament to your comfort."

Preparation for Holy Communion.

Repentance for past sins.

Faith in God's mercy through Christ.

Thankfulness for his atoning death.

The Practice of good will toward men.

Resolution to follow the commandments of God, and to walk in His holy way."

Self Examination.

That I may "eat the flesh of the Son of man, and drink his blood," I will examine myself :—

1. Do I habitually break any of God's commandments ?

2. Have I truly repented of, and asked forgiveness for, my past sins ?

3. Am I really and in my heart thankful to God for His mercies, as given me in and by Jesus Christ ?

4. Do I practice a spirit of good-will towards all my fellows ?

5. Am I earnestly resolved to keep God's commandments ?

Lord, give me faith and incline my heart to keep thy law.

O GOD the Holy Ghost, the Lord and Giver of life, who with the Father and the Son together art worshipped and glorified, have mercy upon us; work in us true repentance sincere faith and good will toward men; make us to delight in this Holy Feast, ever to desire it and diligently to prepare for it; for Jesus Christ's sake. Amen.

O God, cleanse the thoughts of my heart by the inspiration of Thy Holy Spirit, that I may perfectly love Thee, and worthily magnify Thy holy Name; through Jesus Christ o Lord. Amen.

O God, enable me truly to search my heart, to repent of my sins. to live in love and faith toward Thee, and in Thy Holy Feast so to eat the Flesh of Thy dear Son Jesus Christ, and to drink His Blood, that my sinful body may be made clean by His Body, and my soul washed through His most precious Blood, and that I may evermore dwell in Him and He in me. Amen.

Prayer for Pardon.

Grant unto me, O Lord, pardon and peace, that I may be cleansed from all my sins, and serve Thee with a quiet mind; through Jesus Christ our Lord. Amen.

By Thine Agony and Bloody Sweat, by Thy Cross and Passion, Good Lord, deliver me.

The Collect for the 12th Sunday after Trinity.

Almighty and Everlasting God, who art always more ready to hear than we to pray, and art wont to give more than either we desire or deserve; Pour down upon us the abundance of thy mercy; forgiving us those things whereof our conscience is afraid, and giving us those good things which we are not worthy to ask, but through the merits and mediation of Jesus Christ, thy Son, our Lord. Amen.

Suggestions for Young Communicants.

Use this amongst your prayers in the morning before you come to Holy Communion:—

I love Thee, O my God, for all Thy mercy and Thy love to me, and I desire to love Thee more and more. Let no earthly love possess my heart so as to make me forget Thee. Give me Thy Holy Spirit that I may love Thee more truly, and that loving Thee I may be eternally happy. AMEN.

O Blessed Saviour Jesus Christ, trusting in Thy great mercy and merits, I desire to receive the Holy Sacrament of Thy Body and Blood. I am stained with many sins; do Thou wash me in Thy precious blood. I am faint and weary in my strife against sin; do Thou refresh and strengthen me. Give me perfect purity of soul and body, and keep me from every evil word or deed. Give me grace to draw near to this Holy Sacrament with such reverence and fear, such holy joy and fervent love, such sorrow for sin and desire for holiness, that I may enjoy all the blessings and receive all the benefits which Thou hast obtained for us through Thy precious death. Amen.

Upon coming into church kneel down and say:

O Almighty God, I come before Thee trusting only in Thy mercy and love. Forgive

me all my sins that I may worthily receive Thee. Feed me with Thy most precious Body and Blood, that I may walk in the strength of this meat unto the mount of God, the Heavenly city. Hear me, O Lord, for Jesus' sake.

AMEN.

Whilst the clergy are communicating, or you are waiting to go forward, do not look about you, but kneel down and say such of the following prayers as time will permit:

Grant I beseech Thee, Almighty God, that all we who are partakers of this Holy Sacrament may be confirmed in Godliness; may receive remission of our sins; may be delivered from the devil and his wiles; may be filled with the Holy Ghost; may be worthy of Thy Christ, and obtain everlasting life, for His name's sake. AMEN.

O Lord Jesus Christ, I come to Thy most holy feast. I am defiled with many sins. To Thee I come to be healed. Take from me my defilements, that I may take the Holy of Holies. Grant me, by Thy sacred Body and Blood, a clean heart and pure soul, that I may walk before Thee in holiness all my days. AMEN.

Almighty and Everlasting God, I come to the Holy Sacrament of Thy dear Son. I draw near, weak, to the giver of strength, unclean,

to the Fountain of mercy, blind, to the Eternal Light, poor and needy, to the Lord of Heaven and Earth. Of Thy great goodness have mercy upon me, and grant that I may receive the Bread of angels, the King of kings, and Lord of lords, with such reverence, love and faith, that I may be made one with Him, and He with me, and that I may be numbered amongst His saints in glory everlasting. AMEN.

The 51st Psalm may be read sometimes.

As you go forword say :—

I will love Thee, O Lord, my strength.

As the hart desireth the water brooks, so longeth my soul after Thee, O God.

Lord, I am not worthy that Thou shouldest come under my roof, but speak the word only and Thy servant shall be healed.

When you return to your place kneel down and say :—

Glory to Thee, O Jesus, my Lord and Saviour, for the precious gift I have received. I have indeed found Thee whom my soul loveth. May Thy most sacred Flesh and Blood which Thou hast given me preserve my soul and body to everlasting life. AMEN.

If there is time, read Psalm cxxi.

Also say :—

I have tasted and seen how gracious the Lord is. Blessed is the man that trus eth in Him, and blessed be Thou, Lord Jesus, Who lovest to bless every one of us, in turning us from the evil of our ways. O guard Thou my soul, which Thou has made a temple for Thyself. Suffer no unclean spirit or unholy thought to come near. Help me to keep the holy vows which I have made and Thou hast sealed. Grant that I may go on in Thy holy service, and reach the glory of Thy heavenly kingdom. AMEN.

Use the following at the end of the service or among your evening prayers, after receiving the Holy Communion :—

I give Thee thanks, O Lord, Holy Father, Who hast been pleased to feed me, an unworthy sinner, with the precious Body and Blood of Thine own Son. Let this Holy Food preserve my faith, and strengthen my good purposes. Let it root out from me all vices, evil desires and thoughts. Through it let me always cling closely to Thee; and bring me at last to that Heavenly Feast where Thou, with Thy Son and the Holy Spirit, art to Thy holy ones true light, everlasting joy and perfect pleasure; through the same, our Lord Jesus Christ. AMEN.

For use at Holy Communion and at other times.

O Blessed Saviour Jesus, I adore the wonders of Thine Eternal wisdom. I love and praise and give all thanks to Thee, the Author of my Spiritual life, the Deliverer that came out of Zion, the Redeemer of Thy people, the Spoiler of all spiritual wickedness in High Places, the Conqueror of Satan, sin and death. Grant that I may know nothing but Thee, account all things loss in comparison of Thee, and endeavor to be made comfortable to Thee in the imitation of Thy actions and obedience to Thy laws; in the fellowship of Thy sufferings, in the communion of Thy graces, and participation of Thy glories; that, beginning here to praise Thy Name according as I can, I may hereafter, forever, behold and admire and adore Thee in Thy glory, for Thy name's sake—*Amen.*

(Adapted from Bishop Jeremy Taylor)

The Communicants Daily Life.

Christ's faithful soldier and servant unto life's end.

This was promised in your Baptism.

To this you personally engaged yourself in Confirmation.

For this the help of Father, Son and Holy Spirit is given to you.

You are now to fight manfully against the devil, the world and the flesh.

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1. Never forget that you are Christ's;
   Bought with His precious blood.—
   1 Cor. vi. 20.
   Made His member in Baptism—Gal. iii 27.
   Consecrated to Him in confirmation.—
   Eph. i. 13.
2. Never think lightly of sin:
   Find out your besetting sin and crucify it.—Gal. v. 24.
   Watch against Satan's temptations.—
   1 Peter v. 8.

Be sober, just, holy, temperate—
Titus 1, 8.

Keep your body and thoughts in chastity
—1 Cor. vi. 9.

Avoid profane and idle company.—
1 Cor. xv. 33.

3. Do not be ensnared in the world's parade and show.—1 John ii. 15, 16.

4. Scrutinize the conduct of each day.—
1 John i. 8, 9.

5. Pray to God morning and night.—
Dan. vi. 10.

6. Diligently attend the public worship of the church.—Heb. x. 25.

7. Be constant in attendance at Holy Communion.—St. Luke xxii. 19.

8. Keep in the unity of Christ's Holy Catholic Church.—Eph. i. 22, 23.

9. Sanctify the Lord's Day.—Rev. i. 10.

10. Do some work for Christ.—
St. Matt. xxv. 34-40.

11. Give a portion of your earnings to Him.—Malachi iii. 10; Acts x. 4; 1 Cor. xvi. 2.

12. Look to Him constantly for help and salvation.—St. John iii. 14, 15.

Morning Prayer.

Almighty and most merciful Father, I heartily thank Thee for preserving me through the past night, and for all Thy goodness and loving kindness to me. I offer to Thee my whole self, body, soul, and spirit, everything I shall this day say or do. Preserve me, I pray Thee, from every danger; my mind from evil thoughts, my soul from sinful desires, and my body from wrong actions, that I may live in Thee and for Thee; through Jesus Christ our Lord.—AMEN.

O, my God, help me to remember that I am Thine, that Thou hearest all I say, and seest all I do, and make me always fear to displease Thee. Grant that I may daily increase in Thy Holy Spirit, and serve Thee better, and grow in Thy love and favor. Enable me this day to perform my duties, and to glorify Thee. Bless my dear friends, and bless my enemies, if I have any, and turn their hearts to love Thee; for Jesus' sake.—AMEN.

Our Father, etc.

Evening Prayer.

O Almighty God, our Heavenly Father, I thank Thee for all Thy mercies; for giving Thy Son to save me, and Thy Spirit to sanctify and strengthen me, and for all the blessings of this day. Help me always to give myself to Thy service, and to glorify Thee in my life. Make clean my heart within me, and take not Thy Holy Spirit from me. Have mercy upon the whole Church; bless the Bishop of this Diocese, and the Minister of this Parish; care for the sick; comfort the sorrowful; convert the wicked; breathe into our souls the breath of life; make us more earnest, more holy, more heavenly minded; bless all my dear friends and relatives, and give them grace to serve Thee faithfully.

Be pleased to watch over us all this night; defend us from all harm, bodily and spiritual, and bring us at the last to Thy Heavenly Kingdom; through Jesus Christ our Lord.—AMEN.

Our Father, etc.

The grace of our Lord Jesus Christ, etc.

Prayer upon Entering Church.

O, Almighty God, cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love Thee and worthily magnify Thy Holy Name; through Jesus Christ our Lord. AMEN.

After Service.

Accept, O Lord, the prayers and praises which we have offered unto Thy Divine Majesty; pardon all that has been imperfect or sinful in our worship, and keep us ever in Thy fear and love; through Jesus Christ our Lord. AMEN.

Or the following:—

On Coming into Church.

Kneel down and say:—

O Almighty God, keep me mindful of Thy Holy Presence in this house.

Help me to worship Thee with heart and voice,—

And to listen humbly to Thy Holy Word;
Through Jesus Christ our Lord. AMEN.

At the end of the Service.

Remain kneeling and say:—

Blessed be Thou, O Lord God, for the worship and lessons of this holy service;

Fill my heart with the love of Thy Name;

And increase in me Thy true religion;

Through Jesus Christ our Lord. AMEN.

"Not forsaking the assembling of ourselves together."—Heb. x, 25.

"Where two or three are gathered together in my name, there am I in the midst of them."—Matt. xviii, 20.

Will you seriously consider the following Questions?

1. *Is it right* to be unconcerned about GOD'S commands or promises?

2. *Is it right* to allow stormy weather, or even fatigue, to hinder you from keeping GOD'S commands, or from acting on his promises?

3. *Is it right* to allow business or pleasure, or visiting, to keep you from the Lord's house, especially on the Lord's Day?

4. Can you *afford to lose* the blessing of the presence which Jesus furnishes in the assembly?

5. *Is your heart right with God*, if you do not wish to be where Jesus has promised to be?

6. *Will Heaven be Heaven to you* if you do not take pleasure in the worship of GOD upon earth?